

L'afro Free Hair Care Advice

Our goal is to especially encourage both afro men and women to grow healthy looking hair. As you all may know Afro women are the No 1 consumers of hair extensions, which is why we aim to develop natural products to allow to gain more growth than ever, so you can feel more comfortable leaving your own hair out.



1. Water Should Be Your Hair's Best Friend

When it comes to your afro hair, water is an absolute necessity. One of the keys to maintaining healthy natural hair is water. It is recommended that you drink eight glasses of water daily, also consistently apply water to your hair. One of the ways you can use water for your hair is during the detangling process. Because of its curly nature, naturally kinky hair is more susceptible to knots and tangles. We suggest using beauty water such as distilled water or rose water, this is because this type of water does not contain harmful chemicals such as chlorine, but as this can be costly we also suggest you investing in the alternative of spring bottled water. You should always check the ingredients list on your water to verify that it does not contain chlorine or chloride found in your tap water. Using those filtered water solutions in your wash day routine or just to spray will help your hair go a long way.



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2. Hydrate Your Afro Hair Always

Another thing that your afro will love is moisture. Kinky hair tends to dry out quickly and lose its moisture, so to prevent that you must consistently hydrate your hair. Before styling your hair, ensure that you always apply hydrating milk, cream or oil to it. For times when you have on protective styles like braids or twists, use a highly conditioning product to keep your hair well moisturized for the whole duration. Often you use a lot of products for your hair but your hair doesn't stay hydrated for long period of times, that's why we suggest sticking to natural products without stacks of chemicals that could eventually cause harm to your fragile hairs.



3. Use a Harmless Shampoo

You may find that many shampoos contain chemicals such as ammonium lauryl sulphate, ammonium Laureth sulphate, or sodium lauryl sulphate. And they tend to cause dryness and breakage for your natural hair. We recommend you use non harmful and if possible natural products for your hair, so always check that your products are free of drying chemicals like sulphates and parabens. However if you are on a budget we recommend you trying natural homemade shampoos such as flaxseed also known as linseed or traditional herbs like Kuu to wash your hair, these keep your hair



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moisturised and shiny, reducing the breakage you'd often find in your regular wash.

4. Create A Wash Day Routine

The biggest advantage of rocking an afro hair is that you don't have to wash it so often like other hair types. However, you need should wash it at least every two weeks, to avoid dryness and fizziness. You can do this by adopting a wash day routine. For your wash day routine, use a moisture-boosting shampoo and conditioner to refresh your afro curls.

5. Only Use Protective Styles

Just like its name implies, protective styles help prevent your hair from breakage, shedding, or damage. Protective afro hairstyles you can use include wearing wigs, weaves, bantu knots, braids, or twists. In cases where you make braids or twists, ensure that your hairstylist eases up on your edges too to reduce tension on your scalp. With protective styles, you reduce the chances of over-styling, or damaging your hair with heat. It is also an excellent way of detangling your afro hair a lot easier. Remember to avoid the build-up of dirt when wearing your protective styles and oil your hair and scalp daily to keep your follicles healthy.



6. Let Your Hair Breathe

With the recent rave of hiding your hair under a wig, it's easy to forget to let your hair breathe. Protective styles under your wig such as braids and twists should be taken out after 3 months and refreshed. After taking out a style, make sure to deep condition and seal your hair. Do not hide your natural hair back

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into a weave after you take out a style, instead, you can try styling your natural hair in various ways such as bantu knots, flat twists, or high puffs. This lets your hair breathe and you can rock your beautiful afro crown too.

7. Treat Your Natural Hair

It is important that you try to deep condition your hair once every two weeks, using a mineral oil-free conditioner or natural homemade masks. There are many masks out there, but we always recommend going natural because you are guaranteed nothing harmful in the composition. Regularly deep conditioning your hair will make for healthier, softer, and less damaged hair.

8. Eat Nutritional Meals For Your Hair Needs

As nutritious meals are essential for your body, they also contribute to stronger, healthier hair. A balanced healthy meal rich in low-fat proteins, dairy products, fruits, vegetables, and whole grains will aid your hair growth. For a healthy scalp, eat foods rich in Omega-3 fatty acids such as salmon,



walnuts, and avocados. To get stronger hair, intake a good portion of protein per day in your diet by eating foods such as eggs and a variety of beans. To keep your hair hydrated you should eat foods rich in vitamins A and C, such as green leafy vegetables like spinach, broccoli and asparagus. To add a boost, you can top up some nutritious seeds like pumpkin seeds and flaxseeds to your diet. You should organise a plan to blend these ingredients into smoothies or make a breakfast boost daily.

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9. Sleep With A Satin Scarf, Bonnet Or Pillow

Never go to bed without a satin scarf or bonnet on. It keeps your hair from tangling and breaking while you sleep. Also, invest in a smooth satin or silk pillowcase. Sleeping with loose hair on a cotton pillowcase will result in dry hair, hair breakage, and hair damage, because of the friction with cotton. A silk or satin pillowcase is much gentler on the hair and helps to maintain your hair's moisture. When using the my Chebe cream make sure to wrap your hair in cling film to create steam which wakes up your hair follicles resulting in the promotion of your hair growth and to effectively avoid staining your pillows.



10. Cover Up Hair During Harsh Weather Conditions

Where there tends to be harsher weather conditions be sure to wear a hat or headscarf over your hair. Weather can wear out afro hair, especially when there is a lot of direct exposure to wind whips, heat fries, or rain. These weather conditions remove moisture, making your hair frizzy and unmanageable. Pack a protective layer for your hair such as a head wrap, bandanna, or an umbrella if you must be out in such weather.

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11. Protect Your Hair Before You Sleep

Never go to bed without splitting your hair into a few braids or twists. Braiding before sleep helps to seal in moisture all through the night. With braids, your strands will be held closely together, sharing their moisture, and keeping them from coming loose and rubbing against the pillow. Protecting your hair before bed should be an important part of your night routine.



12. Trim Your Hair Regularly

One of your bad habits would probably be, allowing your hair to grow with all its split ends. Part of the natural hair journey is having to trim your split ends regularly. Split ends indicate hair damage and if left unattended to will continue splitting and damage the healthiness of your hair. Every couple of weeks you should inspect your hair for split ends and trim them by yourself or get a hairstylist to do the job for you.



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13. Get Lots Of Sleep Regularly

However surprising this may be the best way to have healthier hair is to get regular hours of sleep. Your body tends to heal its tissues while you rest, so ensure that you get lots of sleep daily. Usually, people who suffer from sleep deprivation experience hair loss as the hair and follicle become weaker. We recommend 6-8 hours of sleep a night. By the next day, not only will you feel better by being more rested, but your hair will also reap the benefit of your repose by retaining its strength and lustre.



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